



New Hampshire Family Caregiver Support Program

Are you caring for an elderly adult who needs significant assistance with activities of daily living or who has a mental impairment?

Are you a grandparent or other adult over 60 years of age who is living with and caring for a child 18 years of age or less?

You Are Not Alone

There are resources and services that are designed to help you, the caregiver provide the best care you can for your loved one and allow time for you to take some time for yourself.



Information

About community resources and local programs.

Assistance

To assess your particular caregiving needs, to help identify your options and provide referrals to local community-based service providers.



Training and Support

To help yourself with stress management, assisting with activities of daily living, behavior management, and caregiver support groups.



Temporary Relief Services

Provides for occasional, temporary relief including in-home respite care, adult day care or emergency respite.



Supplemental Services

To complement the care you are providing such as: resources to purchase emergency response systems, or make home modifications or to purchase needed medical supplies.

To find out more about this program call the New Hampshire Family Caregiver Support Program at 1-800-351-1888 ext 4687, or your local ServiceLink toll free at 1-866-634-9412
Email: NHFamilyCaregiver@dhhs.state.nh.us
Website: www.nh.gov/servicelink



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